

COMOMAGINST 6110.4F  
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28 Aug 03

COMOMAG INSTRUCTION 6110.4F

Subj: COMOMAG PHYSICAL READINESS PROGRAM (PRP)

Ref: (a) OPNAVINST 6110.1G  
(b) CNO WASHINGTON DC 251927Z AUG 94 (NAVADMIN 148/94)

1. Purpose. To institute a physical readiness program for Commander, Mobile Mine Assembly Group (COMOMAG) staff military personnel. This directive establishes command policy and provides guidance for COMOMAG military personnel to meet the required minimum U.S. Navy physical fitness standards as delineated in references (a) and (b). COMOMAGINST 12790.1, Civilian Employee Wellness Program, establishes policy, implements and provides guidance for the Civilian Employee Wellness Program within COMOMAG.

2. Cancellation. COMOMAGINST 6110.4E. This instruction is a major revision and should be reviewed in its entirety.

3. Background. The goal is to enhance the performance of military personnel by implementing and promoting the means to maintain a healthy lifestyle in accordance with established Navy Core Values.

4. Requirements

a. All hands are required to participate in an exercise session a minimum of three times a week, 30-40 minutes in duration. Exercises will be conducted per reference (a).

b. COMOMAG has established command-coordinated exercise sessions three times weekly on Monday, Wednesday and Friday. Command military personnel will muster in the NAS Corpus Christi Fitness Center no later than 0730. The Command Fitness Coordinator (CFC) or his/her assistant will monitor personnel attendance/muster before each exercise session.

c. COMOMAG command-coordinated exercise sessions will consist of calisthenics, aerobics, the weight room and running, among others.

d. If a normally scheduled physical readiness program day falls on a holiday, the following day will not be used for a make-up session. Personnel are encouraged to make-up this session on their own.

e. There will also be "free days" where command personnel may participate in a physical activity of their choice, e.g., swimming, walking, racquetball, etc.

28 Aug 03

f. The Physical Fitness Assessment (PFA) will be conducted semi-annually per references (a). A 10-week advance notice will be given to all hands before an official PFA. Prior to the official PFA, the Command Fitness Coordinator may schedule several pre-PFAs in preparation of the upcoming scheduled official PFA.

g. The top male and female performer on the PFA will be awarded a certificate and granted a three-day special liberty from the Commander.

h. Height and weight measurements will be taken within 10 days of but not less than 24 hours prior to the official PFA by the Command Fitness Coordinator as outlined in reference (a).

i. Personnel failing to meet established U.S. Navy height and weight standards will have their body fat measurements taken. Members must first pass body composition assessment (BCA) in order to be eligible to participate in any PFA events. If both height/weight standards and the body fat standards have been exceeded this will constitute a PFA failure.

j. Personnel failing to meet minimum Navy body composition assessment standards will be placed on the Fitness Enhancement Program per reference (a). Members will be sent to Medical for an evaluation to ensure personnel are in good enough health to safely participate in the Fitness Enhancement Program as determined by the CFC and approved by the Commander.

k. Special circumstances due to medical conditions, leave or liberty:

(1) Members assigned on limited duty will participate in appropriate forms of physical activity as recommended by competent medical authority. Medical will provide guidance on the type of exercises an individual on limited duty may perform.

(2) Members that answer "no" to all questions on the Physical Activity Risk Factor Screening Questionnaire (PARFQ) are cleared to participate in a regular program of aerobic exercise. Those who answer "yes" to one or more risk factor questions require medical clearance to participate. After the medical clearance is granted, the member may participate in the aerobics program.

(3) All personnel will participate in the semi-annual PFA unless a full medical waiver is granted. Personnel receiving a partial waiver for certain tested exercises must pass two of the three graded events to receive a pass on the PFA. Waivers from participating in any one of the three events in the PFA and receiving a probationary score on any remaining event will result in the member being placed on the FEP program.

(4) Personnel on leave or liberty will make arrangements with the Command Fitness Coordinator to take the test prior to their departure or take a make-up test when they return.

1. Members who accumulate three PFA failures over a four-year period are not eligible for frocking or advancement. After passing the next official PFA the member may then be eligible for frocking and advancement. Waiver request for advancement will not be considered per reference (a). Body fat waivers are no longer granted per reference (b).

6. Action. All COMOMAG personnel will familiarize themselves with the contents of this instruction and comply with the requirements contained herein.

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T. W. AUBERRY

Distribution:  
COMOMAGINST 5216.1T  
List I  
List II, Case A